

Sports

Herd has a rookie on the rise
pg 8



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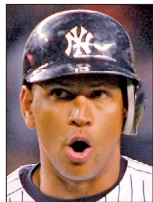
Celebrity Buzz

Chris Brown could face more charges
pg 14



A-Rod talks about positive test result

DRUGS New York Yankees slugger Alex Rodriguez admitted yesterday he had tested positive for performance-enhancing drugs in 2003.



"I did take a banned substance. For that I'm very sorry and deeply regretful," Rodriguez told ESPN in response to a report in Sports Illustrated that he had been one of 104 players who had tested positive that year.

REUTERS

Beating their war chests



Above: Premier Rodney MacDonald speaks at the Tory annual general meeting at the Westin Nova Scotian on Sunday. The Conservatives have about \$450,000 set aside for an election. Top right: Stephen McNeil's Liberals have more than \$300,000 and an April fundraiser should boost that number significantly. Bottom right: Darrell Dexter's NDP has approximately \$250,000.



PHOTOS: RAN TAPLIN/METRO HALIFAX



Vancouver Games

Countdown to 2010

- Today
Operation cleanup and Vancouver's homeless, pg 4
- Coming up this week
Tomorrow — Views of Canadians on the streets.
Thursday — One-year countdown at Whistler
Friday — Unveiling the Olympic torch



Valentine's Day

Matters of the heart

- Health & Beauty
Keeping your heart healthy, pg 9
Josey Vogels explores the unrealistic expectations of rom-com love, pg 9
- Coming up this week
Tomorrow — Georgie Binks' take on couples and the most romantic getaways in Canada

Political parties begin posturing process

PAUL MCLEOD
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The provincial Tories have built up the biggest war chest to spend in a spring election, while the NDP will have to play catch-up.

The Progressive Conservative party has about \$450,000 set aside for an election. That's close to double the approximately \$250,000 of the NDP, while the Liberals are somewhere in the middle.

"Potentially, yes," said

NDP provincial secretary Ed Wark on whether his party will be outspent by the Conservatives.

"But if we see the Tories launching an attack like they tried on the weekend, then it only hurts their credibility," he said of the recent "Risky" NDP campaign.

While a spring election is not certain, all parties have openly been gearing up for a campaign. Over the weekend, Premier Rodney MacDonald celebrated his party being in the best

"I don't expect that we'll be outspent by the other parties."

Liberal Derek Wells

financial shape in his memory.

That could be a key edge in what is expected to be a tight race between the government and opposition NDP, but the third-place Liberals can't be counted out.

While both the NDP and

Liberals haven't completed their year-end audits, Liberal party president Derek Wells said his party will be able to spend toe-to-toe with anyone.

Right now, the Liberals have more than \$300,000 in the bank but that will likely jump significantly after a \$300-per-plate fundraiser featuring Justin Trudeau in April.

Events of that sort can raise as much as \$100,000 for a party, said Wells.

"I don't expect that we'll be outspent by the other

parties in the next election. Of course, we're depending somewhat on the generosity of our supporters come election time," said Wells.

"All three parties have to go out there during election time and raise money from their supporters."

Parties also have credit lines they can draw from for extra money on the campaign trail.

In the 2006 election, both the Tories and NDP spent just more than \$1 million while the Liberals spent about \$650,000.

THE HEART
STRAIGHT FROM

Diamond Heart Pendants From 99⁹⁹

CHARM
DIAMOND CENTRES

50
BEST
MANAGED
COMPANIES

Students, want to win \$2,000 toward post-secondary studies? The province is now taking nominations for its Power of Positive Change award. It was inspired by David Shepherd and Travis Price, who wore pink to stand up against bullying. To enter, visit powerofpositivechange.ca. **METRO HALIFAX**

Local



Dreaming of black ink

If every Bluenoser could chip in \$11,638 toward the provincial debt, we'd be in the black. As of March 31, 2007, the Nova Scotia provincial debt stood at \$10.9 billion, down 0.1 per cent from the year before. Newfoundland and Labrador had the highest per-capita debt in Canada, at \$18,452.

METRO HALIFAX

Police lay five charges after 7-hour standoff

HIGHWAY 107 RCMP laid five charges against a metro man after a seven-hour highway standoff Sunday.

The 39-year-old allegedly rammed his car into a police cruiser before being chased and pulling over on Highway 107. The man said he had a gun and began a seven-hour standoff before surrendering peacefully, police said.

Yesterday police charged the man with two counts of mischief, flight from a police officer, assault with a weapon, and dangerous operation of a motor vehicle.

PAUL MCLEOD/METRO HALIFAX

Amherst mayor seeks aerospace training in town

PROPOSAL With Amherst set to become an aerospace hub, the town's mayor is hoping the Nova Scotia Community College will enhance training opportunities available out of Amherst's satellite campus.

Rob Small, who is also an executive at IMP Aerospace, is urging the province to set up a pilot project in Amherst that would provide training for area aerospace companies like IMP, C-Vision and Bradean Tool and Die Manufacturing.

"The basis for the training I'm looking to see would help all the manufacturing industries, but would have an aerospace focus," Small said, adding the proposed aerospace institute would operate under the community college.

METRO HALIFAX



Video Rising costs and vocal protests dull optimism for Vancouver Olympics at metronews.ca/canada
Video Families in some regions forced to give up healthy eating because of high costs at metronews.ca/canada
Your Money Allan Small weighs the pros and cons of RRSPs versus Tax Free Savings Accounts at metronews.ca/investing



Crosswalk dangerous: Mom

Parent seeks crossing guard for school area street

JENNIFER TAPLIN
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A Dartmouth mom says she has had too many close calls at a marked and lit crosswalk.

"I've been in the crosswalk and the car actually hit the back of my leg as I'm standing at the crosswalk as the kids are going through," said Heidi Chace.

"Enough is enough."

She wants a crossing guard installed at the crosswalk across from the McDonald's on Nantucket Avenue. She walks her kids to the Bicentennial school every day because of the dangerous crossing.

"My kids are 10 and 11 (years old). Why should I have to walk them back and forth to school? C'mon they don't want me holding their hands and walking them to school."

She said several other children will only cross with a parent like Chace because they're too afraid to cross the multi-lane street.

"The cars shoot through there and they don't even care. I've been standing in the crosswalk and they go through the crosswalk as I'm standing there with the kids."

Parents were told the HRM won't employ crossing guards there because there isn't enough traffic. Albrow Lake-Harbourview Coun. Jim Smith and HRM staff did not return messages yesterday.

RYAN TAPLIN/METRO HALIFAX



Heidi Chace, far right, crosses Nantucket Avenue with her own children and neighbourhood kids yesterday. Chace wants crossing guards stationed at the busy crosswalk.

"I wish for just one day someone would just sit up there with a camera in the McDonald's parking lot and watch the (cars) go through as the kids are in the crosswalk."

Heidi Chace

"I wish for just one day someone would just sit up there with a camera in the McDonald's parking lot

and watch the (cars) go through as the kids are in the crosswalk."

Chace said she has talked to at least 10 other concerned parents about this issue.

ShareYourViews

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Jerrell Johnston, left, walks out of a Supreme Court courtroom yesterday. Nathaniel Sparks, right, stands outside of the courtroom where he and Johnston stand trial, charged with two counts of second-degree murder and one count of attempted murder.



PHOTOS: RYAN TAPLIN/METRO HALIFAX

Double murder trial begins

PAUL MCLEOD
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After many delays, the double-murder trial of two Cherry Brook men is underway.

The trial of Jerrell Johnston and Nathaniel Sparks began slowly, with police outlining how officers arrived at a North Preston address two years ago to find blood stains and bullet cartridges on the ground.

Brandon Beals, 21, and Martaze Provo, 25, were shot to death outside an after-hours club on Upper

Partridge River Road on Dec. 10, 2006. Johnston and Sparks are accused of second-degree murder in their deaths, and of attempted murder in the shooting of Vantino Beals, who survived.

The trial has already faced several delays. The original judge, Nova Scotia Supreme Court Justice Gerald Moir, had to step down for health reasons. Justice Felix Cacchione is now hearing the case.

Two jurors also had to be replaced because of possible conflicts of interest involving knowing people in

contact with the defendants. Adding to all that was the violent weather last week, which shut down the courts for a day and delayed the jury selection process.

The prosecution elected not to make opening statements to the jury. The trial is scheduled to run four days per week for a month.

Both of the accused are originally from Cherry Brook but were living out west when they were charged. Johnston was living in Edmonton while Sparks was in Vancouver.

THE RED DEER ADVOCATE

Commuters, take note

The city will hold sessions on the future of the Bayers Road and Highway 102 corridor from Windsor Street to Fall River. They'll be held Wednesday, 6-9 p.m. at the St. Andrew's Centre, and Thursday night at the LeBrun Community Centre. **METRO HALIFAX**

Healthy food getting out of reach?

JENNIFER TAPLIN
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There's a danger looming in the aisles of the neighbourhood grocery store: Healthy food is becoming too expensive.

And it's tough to reach for that whole wheat pasta when the regular stuff costs about \$2 less.

The Heart and Stroke Foundation asked volunteers in 66 cities across the country to go shopping last fall. They compared prices and what they found were widely fluctuating costs for healthy items, seemingly without reason.

"It's clearly a wake-up call for this huge problem when basic, healthy food we're recommending in the Canada Food Guide is out of reach for many Canadians and there are such discrepancies in the price of food across the country," said Patty Williams, a professor and a Canada Research Chair in food security and policy change at Mount Saint Vincent University.

In some regions, people are paying up to six times as much for the same food items.

Milk prices in Nova Scotia are among the highest in the country, yet we have dairy

What it will cost you

- In Wolfville, people are paying \$7.58 for four litres of milk, but shoppers in Vancouver are paying only \$3.49.
- Digby has the third most expensive kilogram of lean ground beef at \$10.25. In comparison, people in Barrie, Ont., and Timmins, Ont., are paying less than half at \$4.14.
- Whole wheat pasta will cost

you \$11.37 in Dawson, Yukon, but only \$2 in Barrie.

- Five apples cost Calgarians \$5.02, but Edmontonians only pay \$1.71.
- Healthier foods are better for your body, but they're harder on your wallet. For example, trans-fat free margarine costs on average \$3.29, but its trans fat-filled counterpart costs \$2.79.

farms aplenty. "We've done some research into access to milk for lone mothers and it's a huge issue and often times mothers are going without," she said.

Even within the province, food prices change between communities: A bunch of green grapes in Amherst will cost \$3.24, for example, but Haligonians pay \$5.73.

"If people can't access the healthy foods they need to prevent heart disease, then that's a big concern for the Heart and Stroke Foundation," said Elaine Shelton, director of health promotion at the Heart and Stroke Foundation of Nova Scotia.

"We're recommending governments work with the food industry to investigate pricing and promotion prac-

tices to better address food pricing and to figure out some of the inconsistencies."

The foundation also wants the government to monitor and report on the price of core staples.

The only food items that stay at a constant — and low — price seem to be unhealthy foods like chips, pop, and cookies.

"It puts the healthy choice out of reach for many people and it makes the unhealthy choice much easier," Williams said.

"We don't know why healthy food is more expensive, but we know based on our own research that a healthy, nutritious food basket is out of reach particularly for people on low incomes."

And with the economy



A grocery basket report card released by the Heart and Stroke Foundation yesterday shows healthy foods are more expensive and are in danger of being out of reach for many Canadians. The national report shows a wide variation in food prices, with some Canadians paying up to six times more for their groceries.

tanking, she said, we can only expect more people will be unable to afford to eat well.

"If we don't do something about this ... it is going to contribute to escalating rates

of chronic disease and obesity."

Representatives from Sobeys and Atlantic Superstore did not respond to interview requests yesterday.

Military to clean up arsenic

WATERFRONT The military plans to pave over nearly 2,800 square metres of soil contaminated with unhealthy levels of arsenic on the Dartmouth waterfront.

The site, known as 1107b, is on the navy dockyard lands just north of the Macdonald Bridge.

Bill Kelly, the military's environmental engineer in charge of the project, said the arsenic in the infill on the site is both naturally occurring and the result of coal ash.

The soil also contains oil, greases and maintenance chemicals.

Kelly said the military intends to spend up to \$150,000 paving over the area, starting this spring or early summer.

"It's very localized," Kelly told CBC News Monday, calling it a "low-risk" area. "The paving project that we're going to have in place will definitely take care of the issue."

Once the paving is done, he said, the military will monitor the area on a yearly basis.

CBCNEWS.CA

Air travel returns to Yarmouth

PLANES Yarmouth returned to regular scheduled air service as Starlink Airlines took off for its first flight from Yarmouth to Halifax.

The first flight departed from Yarmouth at 7:30 a.m. yesterday with 17 passengers onboard.

The Yarmouth airport has been without regular scheduled air service since Nov. 28, 2003 when South West Air ended its service. It was the second time in one calendar year that Yarmouth lost air service. In January 2003 Air Canada's Jazz stopped servicing the area.

Starlink Airlines, a Quebec-based company, intends to offer two daily return flights between Yarmouth and Halifax and Yarmouth and Portland.

No expansion for Dooley's bar

ENTERTAINMENT Dooley's pool hall on Reeves Street has lost its bid to introduce a DJ and dance floor, the Nova Scotia Utility and Review Board ruled. Dooley's Port Hawkesbury had originally intended its application to include live bands as well and possibly karaoke. Management later dropped the live bands due to the number of residences located nearby.

METRO HALIFAX

Ice fishing A Canadian pastime



Vincent Cayer from Tantallon fishes inside his tent on Albro Lake yesterday. Cayer is heading off to Afghanistan in two weeks for work, so he was taking some time to relax beforehand.

Value of business loans sink in Shelburne

ECONOMY A two-thirds decrease in the value of business loans approved by the Shelburne County Community Business Development Corporation (CBDC) last year is just another example of how depressed the economy is in the county.

In 2008, the Shelburne County CBDC approved only \$500,000 in loans, said executive director Dixie Redmond, as opposed to the previous three years, when business loans and assistance averaged between \$1.4 million and \$1.6 million.

Over the past three years, more than 80 businesses have closed their doors in Shelburne County. Besides financing, the CBDC also offers assistance with counseling, advice and training opportunities.

METRO HALIFAX

Blaze leaves family homeless

DURHAM When homeowner Hal Jones returned to the site that was his family's house yesterday morning, he had to borrow a pair of gloves from West River Fire Department chief Dennis Harnish.

Jones, his wife and their two children, aged seven and 12, fled their home so fast Sunday he didn't have time to grab gloves.

Harnish said they got the call at 8:58 p.m. and were on the scene shortly thereafter,

but by that time the 34-year-old bungalow on Highway 376 was engulfed. Working smoke detectors are credited with saving the family.

"Much of it is in the basement," Harnish said of the remains of the house.

"It (the fire) was up in the walls and they barely got out, barely had time to call 911."

Firefighters fought the blaze until about 11:30 p.m.

Two cats are believed to have perished in the fire.

THE NEW GLASGOW NEWS

News in brief

CHARGES A 35-year-old man whose car went off the Peggy's Cove Road, hit a house and knocked over its oil tank has been charged with impaired driving. On Sunday night at about 7 p.m., the man's Chrysler Intrepid went off the road and hit the house; it caused an oil spill and structural damage. The man is also charged with refusing the breathalyzer and possession of marijuana; he'll be in court April 21.

ARREST RCMP have arrested a 40-year-old Middle Musquodoboit Harbour man as part of a child-pornography investigation. On Friday afternoon, police searched a home on Branch Road and seized computer equipment. They arrested him on some other outstanding charges; he was due to be in Truro provincial court yesterday.

BUST Halifax Regional Police have charged a 54-year-old man with possessing cocaine, marijuana and cannabis resin for the purpose of trafficking after a Friday night raid on a Scott Drive home. Police seized 263 grams of cocaine, 320 grams of marijuana, 52 grams of cannabis resin and a "large amount" of cash and drug paraphernalia.

DRUGS Police got more than they bargained for when they investigated a drug-use complaint at a Sylvia Avenue apartment Sunday night. When they got to the home at 10:20 p.m., they found marijuana in the living room and a handgun in the kitchen. A 29-year-old was charged with possession of a controlled substance, skipping court, breaching probation and possessing a restricted weapon.

METRO HALIFAX

Police in Thunder Bay, Ont., are appealing for help in locating the friends and relatives of a 38-year-old Waterloo, Ont., woman who died last week in an alleged suicide assisted by her husband. Peter Fonteece, 46, has been charged with criminal negligence causing death and assisting a suicide. **CBC NEWS ONLINE**

Canada/World

Cleaning up for the Olympics?

ANDREA WOO
for Metro Canada



VANCOUVER 2010 Games

With Vancouver's turn on the world stage rapidly approaching, the city is cracking down on street disorder offences — a move some believe is intended to minimize the presence of the homeless in 2010.

According to the Vancouver Police Department's 2008 annual business plan report-back, officers issued 467 tickets for violations of the Safe Streets Act last year, up from 202 in 2007.

They also issued 133 tickets for violations of the Trespass Act, up from 95 in 2007. Officers ticketed 439 people for panhandling, loitering and unlicensed street vending last year, up from 247 in 2007.

"It's been shown that (the Safe Streets and Trespass acts) disproportionately affect poor people," said Harsha Walia, project co-ordinator at the Downtown Eastside Women's Shelter. "For example, while jaywalking is something those acts prohibit, the only place it's enforced on a large scale is the Downtown Eastside."

David Eby, acting executive director of the B.C. Civil Liberties Association, explains that, in court, repeat offenders are typically given "no-go" orders, forbidding them from returning to the area where the offences were committed.

"It's an effort to move people out of the Downtown Eastside, in my opinion," said Eby.

The VPD, however, says



Two men sit by a doorway in Vancouver's Downtown Eastside yesterday. The area is Canada's poorest postal code.

Arrests, free bus tickets for homeless at '96 Atlanta Games

REPORT In the lead-up to the 1996 Summer Games, Atlanta passed strict anti-loitering and panhandling laws that led to the arrests of more than 9,000 people from May 1995 to May 1996 — four times more than in preceding years, according to the New York Times.

Anita Beaty, co-director of the Atlanta Task Force

such crackdowns are simply part of a larger goal to improve liveability by combating activities that contribute to urban decay.

"What we're doing is ... increasing our visibility in the Downtown Eastside," said spokeswoman Const. Jana McGuinness. "Everything we're doing now, we'll be doing well after the

on the Homeless, said the arrests were often for crimes such as being in a parking lot without a car or lying down on a public park bench.

According to the Atlanta Journal-Constitution, homeless people were also given free one-way bus tickets out of the city.

ANDREA WOO/
FOR METRO CANADA

Olympics as well. There's no big movement to sweep the city."

McGuinness attributes a disproportionately high number of tickets written in the Downtown Eastside to the area having a "24-7 lifestyle" and a near-constant presence of people committing violations such as jaywalking.

Stimulus plan on track

The U.S. Senate yesterday moved a step closer toward approving U.S. President Barack Obama's plan to jolt the U.S. economy out of recession with government spending and tax breaks, setting up a vote to pass the \$838-billion US emergency package today.

After a week of contentious debate, senators reached a deal to pare down the stimulus bill by about \$100 billion and voted 61-36, with minimal Republican support, to hold a final ballot today.

If the measure passes as expected, the Senate and House will enter final negotiations on a compromise bill, with Obama arbitrating disputes. The cost of the House bill was priced at \$819 billion.

Republicans say some spending in the bill would not boost the economy, mired in its worst recession in 70 years. But De-



U.S. President Barack Obama addresses residents during a town-hall-style meeting in Elkhart, Ind., where the White House said the unemployment rate had hit 15.3 per cent, yesterday.

mocrats, who control Congress and the White House, argued that a mix of tax cuts and spending were urgently needed.

The bill advanced in the Senate as Obama hit the road in the U.S. heartland and was set for a prime-

time evening news conference to push his call for urgent action on the bill.

"Endless delay or paralysis in Washington in the face of this crisis will only bring deepening disaster," he told a town hall meeting in Elkhart, Ind. **REUTERS**

Death toll from bushfires in Australia reaches 173

AUSTRALIA Weary firefighters and rescuers pulled the remains of dozens of people from charred buildings yesterday as the toll from Australia's deadliest bushfires rose to 173, police said.

"Everybody's gone. Everybody's gone. Everybody's gone. They're all dead in the houses there. Everybody's dead," cried survivor Christopher Harvey as he walked through the town of Kinglake, where most people were killed.

Police believe some of the fires, which razed rural towns near the country's second biggest city, Melbourne, were deliberately lit and declared the devastated town of Marysville a crime scene.

Wildfires are a natural annual event in Australia, but this year a combination of hot weather,

Political effects

- The bushfires, a natural annual event in Australia, will put pressure on the government to deliver a broad climate change policy as green politicians cite the extreme weather as reason to back a tougher policy.

drought and dry bush created prime conditions.

In Canberra, lawmakers fought back tears as they suspended parliament for the day after expressing condolences to the victims on behalf of the nation.

"It is the beauty and the wonder of our country," National Party leader Warren Truss said. "It can also be harsh and cruel. How can these idyllic landscapes also become killing fields?" **REUTERS**

China denies human rights violations

CHINA China yesterday stoutly defended its human rights record, rejecting suggestions from Western countries that it uses torture, jails dissidents and allows child labour and insisting its policies are guided by the rule of law.

It told the UN Human Rights Council that allegations it oppressed ethnic groups in Tibet and other parts of the country were political propaganda aimed at denigrating China's achievements.

The discussion came amid a newly launched process called the Universal Periodic Review, under which all members of the United Nations are expected to submit themselves every four years to scrutiny of their human rights record. **REUTERS**

News in brief

BUDGET Steve MacLean, Canada's top astronaut, told CBC yesterday he's pleased with Ottawa's contribution of \$110 million toward robotics research in the federal budget. MacLean said the Canadian Space Agency has an eye toward developing a rover to explore the Moon or Mars. **METRO NEWS SERVICES**

Ticketmaster faces scalping suit

ONLINE Ticketmaster Entertainment Inc. was hit with a \$500-million lawsuit yesterday, alleging the company broke the law by reselling tickets at inflated prices.

A Toronto man who tried to buy two tickets to a 2008 Smashing Pumpkins concert alleges Ticketmaster's

website said none were available, but redirected him to the company's TicketsNow resale website.

The tickets had a face value of \$66.50 each, but Henryk Krajewski said he ended up paying a total of \$533.65 for the pair. **REUTERS**

News in brief

ITALY Eluana Englaro, the comatose woman at the centre of a right-to-die case in Italy, died yesterday despite government attempts to keep her alive through a feeding tube. Feeding was stopped four days ago.

PAKISTAN At least 13 people were killed in northwest Pakistan yesterday when two mortar bombs hit a house during a battle between the military and the Taliban, the military and residents said.

STUDY U.S. researchers have found 28 per cent of people unwilling to quit smoking to improve their own health would try to give up the habit to spare their pets the dangers of second-hand smoke. **REUTERS**

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Comment

A new course for new times

NationalReport



Lawrence Martin

Before we start banging ourselves on the head over the great economic sag, one fact is worth remembering. This isn't our doing.

The recession that pum-

melled us in the early 1990s was, in good part, made in Canada. The recession of the early 1980s also was homegrown to a good degree.

But today's adversity was brought on chiefly by American debt and deregulation. We had neither problem. Paul Martin wisely did not deregulate the banking system like they did south of the border. And our debts and deficits were under control. We can't blame our plight on the politically obsessed

Stephen Harper government, either. Its economic management has hardly been sterling, but this recession would have hit no matter what it did over the last three years.

So, while we love to blame our politicians for everything, this is not the time. Rather than going on any guilt trips, the country should follow the lead as recommended in a report last week on the Ontario economy by Roger Martin and Richard Florida.

Stimulus schemes and

handouts, they say, may be necessary to prop up the old economy. "As in all times of economic crisis, there is considerable pressure on governments to protect the past and undertake bailouts." That said, "There is a better way."

Our leaders, they suggest, need to capitalize on the current plight to drive home the need to move off the old industrial economy. Start making the big moves to an idea-driven, creative economy based not on goods, but on services. Put the stress on

the development of knowledge workers, on research and development, on innovation.

That's at home. Abroad, which was not a focus of the report, there has to be a lessening of our dependence on the United States. The Harper government is finally starting to do that with Trade Minister Stockwell Day pursuing new trade agreements on other continents.

A creative economy doesn't rely on outmoded strategies at home and abroad. It

requires leaders of foresight. If not Stephen Harper, the Creative Society is a vision that might perfectly suit brainy new Liberal Leader Michael Ignatieff. It moves beyond political gamesmanship and last-century methods. It charts a new course for new times.

Today's made-out-of-Canada recession should serve as a catalyst to bring it on.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Fashion can cheer up gloomy moods



Lisa Tant

Fashion & Beauty Expert

Imagine a world without music, art or fashion.

You'd wake up in your sensible white-walled home and dress in your functional daily navy uniform before heading out to a structured nine-to-five office. Think of how sombre and depressing your mood would be to match. That's all I can visualize when asked what place fashion has in a world littered with pink slips and shrinking stock portfolios.

There's no doubt that our perception of fashion is

changing. A status symbol for the past decade, "it" bags — must-have \$1,000-plus designs touted by celebs and their wannabes — are now yesterday's news. Head-to-toe designer labels are considered gauche, and bling is now more quaint than fierce. Yet, just because we're dialling down our showy love for high-profile, high-status fashion, that doesn't mean our passion for style has gone the way of Uggs and track suits.

Fashion has always been a defining sign of self-expression and that's not about to change. What will change is what and how we buy. Trying times bring out the best in our creativity, imagina-

tion and innovation — and that magical equation cannot be defined by a label or price tag.

A perfect example is how mall stores, including H&M and Gap, have been collaborating on wallet-friendly collections with high-profile designers from Rei Kawakubo of Comme des Garçons to Thakoon.

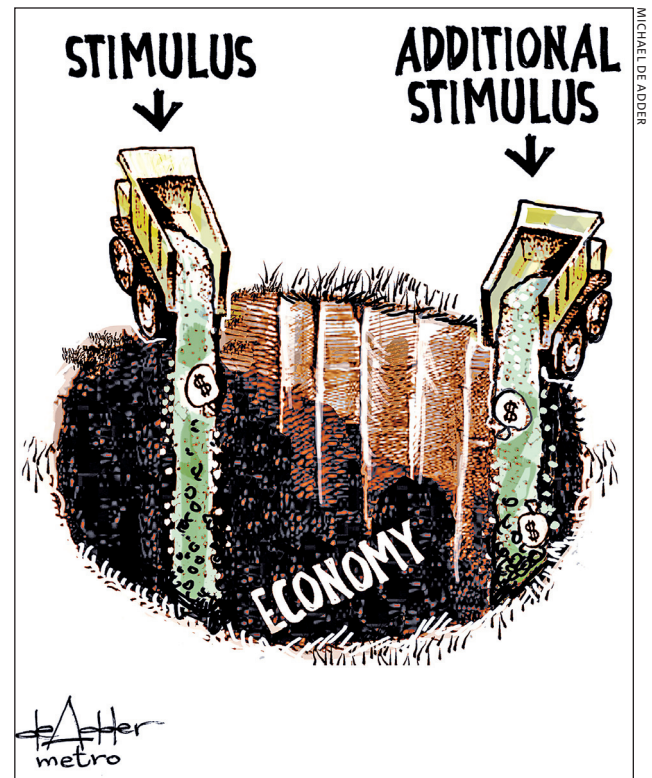
The biggest mistake a retailer could make in tough times is to stock its shelves with safe classics in predictable colours. Who really needs another white shirt or black pencil skirt? If we're going to loosen our pinched-tight purse strings it will be to splurge on mood-boosting colour, pat-

tern or decorative accessories.

Notice how Michelle Obama chose change-inspiring yellow — a sunny silk brocade top and dress by Isabel Toledo — at her husband's inauguration. Likewise, cheerful optimism shapes the madcap fashion in February's Confessions of a Shopaholic, the unlikely story of a fashion-crazed shopper turned financial adviser.

Every savvy shopper knows that a little creative retail therapy always does the heart good.

Lisa Tant is editor-in-chief of FLARE Magazine and former executive editor of Chatelaine Magazine.



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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Walt Disney Studios yesterday confirmed it has entered a long-term film distribution agreement with DreamWorks Studios principals Steven Spielberg and Stacey Snider. Disney said in a statement that it will distribute and market about six live-action films per year for DreamWorks. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

The DAILY BUSINESS BUZZ

Housing starts down:

New residential construction in Halifax continued the slower pace in January that was set in late 2008. According to the Canada Mortgage and Housing Corporation, there were 57 total housing starts last month compared to 78 in January 2008.

Ad campaign finished:

Halifax's Extreme Group has completed a new ad campaign for Country Style Food Services Inc. that consists of TV spots, in-store point-of-sale materials and billboards.

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DAILY BUSINESS BUZZ
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Loonie to return to parity: Expert

Canada's currency will return to par with its U.S. counterpart in as little as six months as commodity prices rebound, pessimism peaks and the nation's political turmoil abates, according to economist Dennis Gartman.

"I have the sense that this might be a move back towards par and beyond," said Gartman, the editor of the Gartman Letter, who correctly predicted the currency's most recent run to parity in 2007.

The Canadian dollar reached equal value to the U.S. dollar in September 2007 for the first time in three decades as prices soared for commodities such as crude oil, which account for about half the

"I have the sense that this might be a move back towards par and beyond."

Dennis Gartman

country's export revenue. It fell 18 per cent last year as global recession curbed demand for the same commodities. The currency is down 1.6 per cent this year. Gartman's call on the loonie is at odds with the forecast of 44 economists surveyed by Bloomberg News. On average, they see the currency weakening to \$1.25 Cdn against the greenback by the end of June before rising to \$1.20 by the year's end.

TORSTAR NEWS SERVICE

Personal bankruptcies up by 50%

FINANCE Personal bankruptcy filings in Canada rose more than 50 per cent in December from the same month of 2007, according to data released yesterday, a trend that parallels a jump in unemployment and debt as the economy slides into recession.

Figures released by the Office of the Superintendent of Bankruptcy Canada also showed that bankruptcies filed by businesses increased by just 2.4 per cent over the same period.

Debt troubles

• The ratio of debt to disposable income has hit more than 130 per cent, the Deloitte report found, citing

Bank of Canada figures, and banks could be on the hook for more than \$800 million in bad credit card debt in 2009.

Total bankruptcies in Canada last year rose 12.3 per cent over 2007, an increase driven by personal insolvencies as business bankruptcies dropped two per cent year over year.

Canadians now carry more debt as a percentage

of their disposable income than Americans, according to a report issued last week by Deloitte & Touche consulting group, posing risks for lenders and challenging the country's reputation for financial prudence.

REUTERS

Business in brief

MADOFF Accused Wall Street swindler Bernard Madoff has agreed to a partial judgment in the civil case brought by the U.S. Securities and Exchange Commission without admitting or denying fraud charges, the regulator said yesterday.

AUTOS Nissan Motor Co. said it would cut 20,000 jobs and joined a growing list of automakers warning of red ink this year in what would mark its first loss since chief executive Carlos Ghosn took the reins a decade ago.

REUTERS

MINING Xstrata Nickel, a cornerstone of Sudbury's workforce, axed 686 jobs yesterday as it closes down two old mines in the midst of plummeting nickel prices and evaporating demand.

TORSTAR NEWS SERVICE

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business 7

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Love for less

SmartCookies



smartcookies.com

Each February, millions of men around the planet agonize over the details of extravagant dates, in hopes of getting lucky in the love department.

But this year, if layoffs, market crashes and general financial uncertainty don't get you in the mood, we completely understand. So whether it's your first date, a blossoming romance or your longtime love, here are some suggestions for dates that are completely free and will help remind you what's really important:

FIRST DATE

Must love dogs

Take the edge off a first date by walking a dog together. Don't have a four-legged friend? Borrow one from a friend, or even better, visit your local animal shelter and volunteer to walk a hard-up pup together. It's guaranteed that conversation will flow more easily and, if need be, the puppy will offer a fun little distraction.

Reality romance

You're paying for cable so why not use it? Plan an evening in and watch the current "it" reality show. To really get into the Valentine's mood we suggest The Bachelor (guys, don't knock it till you try it). Why not place a bet on who doesn't get the rose? Loser owes the winner a back rub.

DATING

Cheese please

Get onto your favourite specialty store's online newsletter list to receive notice of free events and discounts. Free wine plus free cheese equals great date!

Free tours

Check out a free factory tour. Free tours are offered at a variety of fascinating places. They can be specific to your interests, provide lots of opportunity for conversation and even free samples. We recommend checking out a brewery and



Take the edge off a first date by walking a dog together. It's guaranteed that conversation will flow easier and, if need be, the puppy will offer a fun distraction.

Valentine's Day

then splitting a pitcher of beer after.

LONG-TERM/MARRIED

House hunter

Plan a driving tour of your favourite neighbourhood, checking out show homes and open houses. Not only with you be able to pick up some great decorating tips but it will also get you on the same page in terms of saving for the future for that dream home. Plus, sometimes it's fun to find out how other people live!

Heart art

Get cultured and check out art galleries and museums. Check to see if they have a "by donation" night so you can save money on admission. Some galleries even offer memberships, whereby you can pay an annual fee and go as often as

you like.

BOTTOM LINE

Now more than ever, we're realizing that what's really important is not what we spend our money on but how we spend our time. So put your wallet away and cuddle up close this Valentine's Day!

For more suggestions on dating for less and for other Smart Cookie tips, tune in to Smart Cookies on the W Network, Mondays at 10:30 p.m.

Have questions or comments for the Smart Cookies? Email smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Visit metronews.ca for a comparison of investment, RRSP and tax-free savings accounts.

One reader cashes out

Q In January, I decided to liquidate most of my RRSP and non-RRSP stock portfolio. After crunching the numbers, total gains minus losses left about a \$20,000 loss. How much of these amounts can I deduct when preparing my tax return in March?

— Kim

A In these uncertain times, it is not unreasonable for individuals to cash out of the stock market. Many financial advisers insist, "Don't cash out if you are in for the long term!" However, if it brings peace of mind, then you must do what you must do.

Any transaction execut-

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

ed after December 2008 (aside from any RRSP contributions to March 2, 2009 or superficial losses) are reported on your 2009 tax filing. Therefore, withdrawals, sales, taxable income or losses will not affect 2008 tax returns. For 2009, you will have to determine what and how much income to report:

- Separate RRSP dispositions from non-RRSP transactions.

- All RRSP dispositions will have no immediate tax consequences.

- All RRSP withdrawals will be fully taxable for that year. The financial institution will provide a T-4RSP slip on or before Feb. 28, 2010.

- Calculate and offset capital gains against capital losses for non-RRSP dispositions. The net amount must be reported on 2009 tax return.

- Taxes are paid on 50 per cent of capital gains, while excess capital losses can be applied to reduce capital gains in prior three years or carried forward.

Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.



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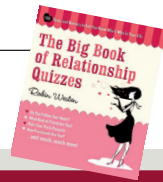
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Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Love on the big screen

Rom-coms can create unrealistic expectations in relationships

The J Spot

Josey Vogels

Sex talk with Josey

Psychologists studied students watching 40 top box office hits like *You've Got Mail*, *Serendipity* and *While You Were Sleeping* and found that they were more likely to believe in fate, destiny and predetermined love.

What? Watching romantic comedies sets up unrealistic expectations when it comes to love? Not exactly shocking, I know, but still worth reminding ourselves of at this time of year, when Valentine's Day sets up higher than usual expectations in the romance department. We hardly need movies adding to the pressure.

While, according to the study, romantic comedies

would have us believe that if someone is meant to be with you, they should know what you want without you having to tell them. I would hardly stop there. According to my own informal observations, romantic comedies would also have us believe:

- The more you hate someone, the more different the two you are, the more your family hates your date — basically, the more you have going against you when you meet — the greater the chance you'll end up together.
- Your partner ultimately knows what to do or say at precisely the right moment.
- Your partner is always in the mood for sex when you are.
- Great sex just happens without planning or communication and no one ever gets a leg cramp...or passes wind.
- Relationship problems can be resolved within two hours after which we'll all live happily ever after.

Most of us know these

Valentine's Day

movies are unrealistic and we wouldn't want it any other way. Romantic comedies are meant as an escape from reality, an opportunity to bask in a world of happily ever after where love conquers all.

And I know that "Communication Conquers All" isn't quite as romantic sounding, but it's a more realistic place to start. Combine that with regular tolerance, kindness, understanding and some good old fashioned "grinning and bearing it" and you at least stand a chance at putting a dent in, if not completely conquering, most of what comes at the two of you.

In fact, for one tired mom friend of mine, her idea of romance is having her husband get up and change a poop diaper at 3 a.m.... for the fourth night in a row. Hardly the stuff of movie romance but for her right now, a gesture much more

meaningful than flowers or candy.

Happy Valentine's Day!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

According to a new study, watching popular romantic comedies like *Serendipity* (pictured) will likely have you believing in fate.



TORSTAR FILE PHOTO

Love is good for the heart

CELEBRATE VALENTINE'S DAY: Showing your loved one how you feel can be good for your health.

It seems nothing gives the heart muscle a workout quite like love. Studies have shown that women in a happy marriage are much less likely to have risk factors associated with heart disease than their lovelorn friends.

Sex, we know, is good for the heart, too: Men who have sex two or more times a week cut their risk of cardiac arrest in half.

Even kissing and hugging have health perks: Kissing increases saliva production, which reduces the bacteria that cause gum disease (a proven contributor to heart disease); hugging stimulates the release of the bonding hormone oxytocin, and

lowers blood pressure. Need any more excuses?

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- ✔ **Darken your room at night. It helps secrete the sleeping hormone melatonin, so you get a deeper, more restful sleep.** Dr. Rosalyn Hayman, Naturopathic Doctor and Co-President of the Nova Scotia Association of Naturopathic Doctors.
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New cast for Dancing with the Stars

The season eight cast of Dancing with the Stars includes: Jewel and husband Ty Murray, Chuck Wicks, Shawn Johnson, Belinda Carlisle, Denise Richards, Lawrence Taylor, Lil' Kim, Steve-O, Steve Wozniak, David Alan Grier, Gilles Marini, and Nancy O'Dell. **PEOPLE.COM**

11

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

**Studio guest**

Sex and the City star Sarah Jessica Parker will be the first guest on the new season of Inside the Actors Studio. The first episode airs Sunday on Bravo. **METRO NEWS SERVICES**

Suitcase success

New Jenn Grant album follows year of touring

BRYAN BORZYKOWSKI
for Metro Canada



If an artist needs a sign that they're succeeding in the music biz, living out of a suitcase at their mom's place is as good an indication as any.

While Halifax songstress Jenn Grant would rather be holed up in her own apartment — she's currently searching for new digs — finding shelter at her parents' house was her only option after a year of steady touring.

"I need to find an apartment for tomorrow," says Grant, on the phone just minutes before yet another housing-related appointment. "I was on the road and didn't find a place to live, but I'm getting tired of my suitcase."

While she's adamant about renting a new home, now's probably the worst time to move. Her new album — the delicate, guitar-

driven folk rock Echoes — is sure to impress her fans enough that they'll want to see her as much as possible in 2009.

And when she does hit the road, don't expect any rock star shenanigans from this soft spoken chanteuse. "I enjoy a few drinks, but I have to keep it normal," she says. "This is work. If you want tour-

"I was on the road and didn't find a place to live, but I'm getting tired of my suitcase." Jenn Grant

ing to be your life you can't become an alcoholic."

She's also an avid yoga buff, working out every day, including when she's on tour. "When you sing you have to keep yourself strong in the stomach," she explains. "It's awkward to exercise with other peo-



Echoes, the latest album from Halifax-based singer-songwriter Jenn Grant, was released in stores last week.

ple in a hotel room, so I often find myself in stairwells."

Her focused work ethic is one reason Grant has done so well for herself, despite jumping onto Canada's music scene in 2006. Her debut full-length, Orchestra for the Moon, hasn't just won praise from music critics — she also took home CBC's Galaxie Rising Star award last year.

Although Echoes sounds similar to her last disc, it's much less Feist-y and a little more lo-fi than Orchestra. Part of that has to do with where and how she recorded it. The East Coast songwriter spent about three weeks at an isolated Ontario farm, and recorded all her songs live, meaning everyone played to-

Jenn Grant live

• Jenn Grant plays the Rebecca Cohn on Feb. 15.

gether rather than one instrument at a time.

However, working that

way meant Grant was singing over and over again, until every instrument was perfect. It was too much for her vocal chords to handle. "I had to take a week off in the middle because my voice got so tired from singing eight

hours a day," she says. "So I went to the ocean in P.E.I. and didn't talk for several days."

Luckily, she's back in fine form and ready to tour again. Now, if only she could find someplace to live.

Stars boost Grammy ratings

More than 19 million Americans watched a mix of veterans like Paul McCartney and new stars like Taylor Swift perform at the Grammy Awards Sunday — an 11 per cent increase from last year, according to preliminary television ratings Monday.

The three-and-a-half hour music awards show on CBS was seen by 19.05 million U.S. households, compared to 17.18 million in 2008, according to early data from Nielsen Media Research.

Former Led Zeppelin singer Robert Plant and bluegrass artist Alison Krauss came away with a leading five Grammys for their Raising Sand collaboration on a night that also saw performances and trophies for British band



Coldplay frontman Chris Martin at the Grammys Sunday.

Coldplay, singer Jennifer Hudson, British newcomer Adele and rapper Kanye West.

"The Recording Academy put on quite a show — an unprecedented 24 perform-

ances and a range of artists that appealed to 'twens,' teens, young adults and (baby) boomers," said Jack Sussman, an executive vice president at CBS Entertainment.

Stevie Wonder teamed up on stage with the Jonas Brothers and Disney idol Miley Cyrus, 16, performed with teen country sensation Taylor Swift in a show opened by rock band U2.

The increased viewer ratings provided some cheer to an industry fighting a losing battle to maintain album sales in an era of legal and illegal digital downloads.

Last year's Grammy ceremony audience was the third smallest since the event first aired for a national audience in 1971.

REUTERS

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After a week of rousing performances, including her knockout appearance at Sunday's Grammys, Jennifer Hudson is ready to take her show on the road. The Grammy winner, 27, will kick off her first solo tour on April 2 in Philadelphia. **PEOPLE.COM**

Retirement not an option for Jones

SZONJA KREZINGER
Metro World News



He still tours the world and just released his last album in November: Although he is 68, Tom Jones does not think of retiring at all. We spoke with the singer about his latest CD, 24 Hours.

Q This is your first album on which you were involved in writing songs. Why did you make this decision after so many years?

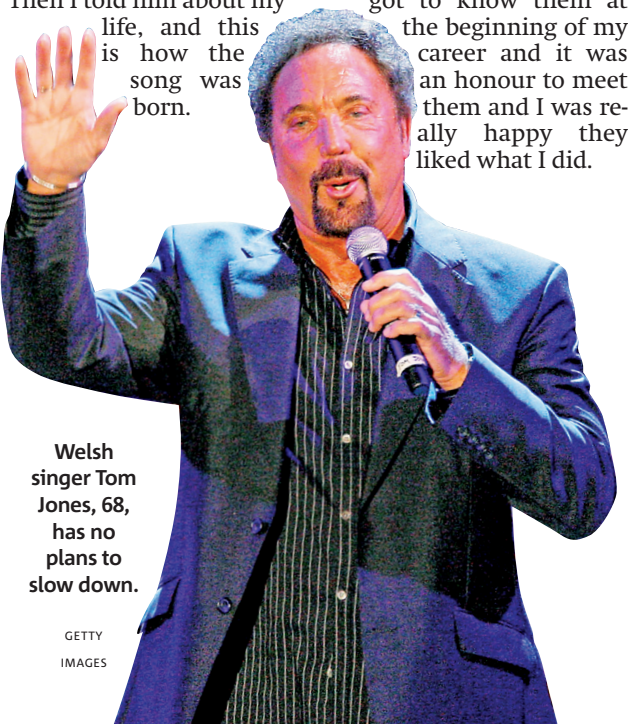
A Because I did not like the songs (that) were sent to me. I searched for songwriters and asked them to write for me and I was also involved in the process.

Q You recorded two special songs to the album: *First is The Road*, dedicated to your wife. Did she like it?

A Yes, a lot! This song was born when a songwriter asked me — as the songs on the album are about my life — if there had ever been a song recorded about my wife. To my surprise (one had) not, although she is an important part of my life. All roads led back to her.

Q And the other — *Sugar Daddy* by Bono and The Edge?

A The idea of the album was born the same time when the idea of this song was born. I was sitting in a pub in Dublin with Bono and made up my mind about him writing a song for me. Then I told him about my life, and this is how the song was born.



Welsh singer Tom Jones, 68, has no plans to slow down.

GETTY IMAGES

Q Is it easy to talk to songwriters about your life?

A They are all professionals, so it wasn't. I knew they will make a proper use of all I say. And I talk about myself easily, I have nothing to hide.

Q There could be no Duffy or Amy Winehouse without Tom Jones. How do you feel when you listen to them?

A That they do something I could have done in the '60s. One reason to think this is the producers for my current album wanted to work with me to recreate the '60s in music with the opportunities of the 21st century. I couldn't have recorded this album earlier.

Q At the start of your career you met Frank Sinatra, Elvis, The Beatles members — What kind of memories do you have of these meetings?

A All were big things to me. I got to know them at the beginning of my career and it was an honour to meet them and I was really happy they liked what I did.

Healing with Bashir

You can't see *Waltz with Bashir* legally in Lebanon but you can buy copies of the Oscar-nominated Israeli anti-war film in Beirut's Hamra district where director Ari Folman saw his life change 26 years ago.

one of the greatest films I've ever seen," said Lokman Slim, an activist with Lebanon's UMAM organization which aims to preserve the country's memories of war by screening movies related to

The 81st Annual
Academy Awards

its decades of bloodshed. "I feel jealous that those we should consider our enemies have the courage to revisit events in which they were involved,

while we Lebanese are in an endless silence regarding our history," Lokman told Reuters in Beirut.

Waltz with Bashir — the title conveys Israel's alliance with Lebanon's Christian leader at the time, Bashir Gemayel — mixes documentary and animation to depict the trauma of an Israeli invasion 26 years ago to expel Palestinian guerrillas.

The film ends with the massacre of hundreds of Palestinians by Israel's Lebanese Christian allies in the Sabra and Shatila refugee camps of Beirut.

Folman was a 19-year-old conscript at the time. His movie has won a Golden Globe for best foreign language film of 2008 and was nominated last month for an

"When the film finished, people were very, very silent and when they went out, some had tears in their eyes."

Monika Borgmann

Oscar for best foreign film. In Lebanon, *Waltz* is banned under laws that forbid trade with Israel. But there is huge interest, said Monika Borgmann, who acquired a copy from a German distributor and organized a private screening in Beirut in January.

"I invited 30 people but they brought their friends with them and we ended up being around 90," said Borgmann, who heads UMAM. "When the film finished, people were very, very silent and when they went out, some had tears in their eyes."

Not everyone is pleased by how Folman tells the story.

"It only presents part of the truth, not the whole truth. It is as if the director is saying, 'We (Israelis) did not commit this crime, the Phalangists did,'" said Ziad Moussa, a retired teacher in the West Bank city of Ramallah where *Waltz with Bashir* was screened at the Franco-German cultural centre.

But despite his reservations about Folman's depiction of service in Lebanon as an ordeal that left deep psychological scars, Moussa said the film was a "step in the right direction" to healing the bloody past between Israelis and Palestinians.

REUTERS

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Who'll save superheroes from economy?

"This is escapism, but we don't need comic books as much as you need bread or food." Basement Comics owner Albert Stoltz

owner of Basement Comics in Havre de Grace, Maryland. "It's a little slow. This aisle should be full."

Stoltz, who paid \$2,400 for a booth to sell comic books priced as high as \$150 each, added, "This is escapism, but we don't need comic books as much as you need bread or food."

In the basement food court Ordalina Acevedo thought this year's conference wasn't as buoyant as last year.

"There are less people; it's because of the economy," she said as she rang up a

customer's sandwich at a cash register.

The hardcore fans did show up. At least half-a-dozen Jokers were on the prowl in smudged lipstick, greasepaint, green vests and purple trench coats. A few Batman manques and a masked "V" from the book and movie *V* for Vendetta made the rounds.

Promotional models, known as "booth babes," sashayed in short, tight skirts and T-shirts, turning the heads of bespectacled teenaged boys dressed as superheroes.

Comic Con can rely on ardent fans to stay flush in hard times, said Chris Stuppi, founder of Griffons Claw Armoury in Piscataway, New Jersey, which was selling replicas of knives, Samurai swords and other weaponry at the convention.

"People save up, knowing they'll go to the show," said Stuppi.

For student Nick Barone, spending \$300 to come was a must. Barone, 22, took the bus from Geneseo in upstate New York, and waited in line, dressed in a stretchy yellow Kid-Flash costume, to get an autograph from Teen Titans writer Geoff Johns.

"I really had to go all out," he said.

REUTERS

Another ‘cub’ in Tiger family
Tiger Woods is a dad again. The world’s No. 1 golfer and his wife, Elin Nordegren, welcomed a son on Sunday, reports Golf.com. Woods, 33, confirmed the family addition on his website. **PEOPLE.COM**

HalifaxScene

Jamie Paterson

entertainment 13

Divine dinner



ABOVE: Frank Mahovlich fan Keith MacGillivray and Tina Smith show off the autographed jersey MacGillivray won in the Progress Club Sports Celebrity Dinner auction.



ABOVE: Jan Isenor peruses the auction tables at the Scotia Festival of Music fundraiser.



LEFT: Olympic kayaker Adam van Koeverden and comedian Dave Hemstad at the Sports Celebrity Dinner



ABOVE: Jodi Slaunwhite and Joanne Crooks at the Progress Club Sports Celebrity Dinner.



THIS YEAR’S Canadian Progress Club dinner is one they’ll be talking about for many years to come! Hockey legends Frank Mahovlich and Brian Trottier teamed up with football’s Jim Kelly and Olympic gold medalist Adam van Koeverden. But it was basketball bad boy Dennis Rodman who brought the show to a complete halt with his four letter words, tears and wild antics. Master of Ceremonies Rod Black brought everything back on the rails, and comic Dave Hemstad kept us laughing! On the other side of town, someone was winning a \$65,000 Mercedes Benz as part of the Scotia Festival of Music car draw. The buffet and auction at the World Trade and Convention Centre raised money for the upcoming 30th anniversary of the festival this June.



ABOVE: Sports Celebrity Dinner chairman Steve Murphy at the head table with emcee Rod Black, left, and the flamboyant Dennis Rodman.



ABOVE: Halifax Progress Club member Trent McGrath with Emily, a showgirl from Casino Nova Scotia.



ABOVE: Pictou Co. Progress Club members Paula Irving and Hilary March at the 37th annual Sports Celebrity Dinner.

SAG labour talks resume next week

UNION The board of the largest U.S. actors union Sunday reconfirmed the recent ouster of their chief negotiator in long-stalled labour contract talks with Hollywood’s major studios, said a source with knowledge of the decision. Citing unnamed sources, showbusiness newspapers The Hollywood Reporter and Daily Variety said talks could restart as soon as Feb. 17. A SAG spokeswoman declined to comment. The Screen Actors Guild represents some 120,000 actors.

REUTERS

In brief

TV Married With Children alum Ed O’Neill will star in ABC’s half-hour pilot An American Family, which also has cast Eric Stonestreet.

REUTERS

GlobalStyle

Kenya Hunt

Exclusively at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/10/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Be My Valentine	Scrubs	Scrubs	Primetime: You
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Cold Case	Law & Order	Without Trace		
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)	CBC News: The National		The Hour
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	La Factice	Providence (HDTV) (N) (SC)	Roxy (N) (SC)	Grosse vie (N)	Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Deliverance" (N)	The Mentalist (HDTV) (N)		Without Trace
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags	Star Académie:	La Fièvre de la danse (SC)	La Promesse (HDTV) (N) (SC)		TVA 22 heures
	6	6	6	CIHF	Entertainment	ET Canada	90210 (HDTV) (N)	NCIS "Deliverance" (N)	Project Runway Canada	News (N)		News (N)
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU	American Idol (HDTV) (N)	(10:01) Fringe (N)			News (N)
	10	10	10	ELTV	(6) EastLink Television			Podium TV	EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) (N)	(10:01) Fringe (N)		Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser (N)			Law/Ord SVU
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National		Pornographer
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	One on One	Nova "Judgment Day: Intelligent Design on Trial" (DVS)				Airmen
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Nova (DVS)	American Future: A History			Independent
news	68	68	68	TQS	(6:30) Le Retour (SC)	Catherine (SC)	Piégé Zézé	Dirty Sexy Money (SC)	Men in Trees: leçons			110 pour cent
	23	96	96	BNB	Business News	Headline	Market Call	Workopolis TV	Business News	Squeeze Play		Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	Commodities	Campbell Brown: No Bias	Larry King Live			Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10	Top 10	Top 10
sports	52	52	52	RSE	Sportsnet Connected		OHL Hockey Windsor Spitfires at Guelph Storm. (Live)					Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	Cabby Unlimit	Score Update	NBA Basketball Toronto Raptors at Minnesota Timberwolves. (Live)			
	45	45	45	SPD	Unique Whips		Pinks (HDTV)	Pass Time (N)	Speed Report Special Edition	Super Bikes!	Super Bikes!	Hot Import
	53	53	53	TSN	Off the Record	SportsCentre	NHL Hockey San Jose Sharks at Boston Bruins. (HDTV) (Live)					SportsCentre
family	43	43	43	FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	American Dad	Robot Chicken
	26	26	26	TREE	Max & Ruby	Backyardigans	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Falcon Beach
cable variety	16	16	16	A&E	Cold Case Files (HDTV)		CSI: Miami "Nailed"		The First 48		The First 48 (HDTV)	Manhunters
	70	70	70	APTN	News		Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing
	50	50	50	BET	106 & Park: BET's Top 10 Live				Love and Other Four Letter Words (2007)	Tangi Miller.		Baldwin Hills
	37	37	37	BRVO	Street Legal		Live at the Rehearsal Hall		Bowfire			Johnny Cash
	25	25	25	CMT	Cross Canada Countdown				Home Improve.	Home Improve.	Reba	Reba
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	S. Silverman
	153	153	153	COURT	Killer Next Door		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Killer Forensics	Police Videos
	38	38	38	DISC	Canada's Worst Driver		Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.
	46	46	46	HIST	Ultimate Engineering		NCIS "Angel of Death"		Ultimate Engineering		Ax Men (HDTV)	NCIS
	17	17	17	MM	disBand	Technical Diff.	Degrassi: TNG	Instant Star	Gone Wild	Gone Wild	disBand	Technical Diff.
	19	19	19	MMM	MusicProfile	mmmtop10.com		Where You At	Popaganda	Gene Simmons	Gene Simmons	Celeb Wrestle
	201	201	201	M1	(6) Walker Payne		(8:15) Emotional Arithmetic (2007, Drama), Roy Dupuis				Transformers *** (2007, Action)	
	48	23	23	OLN	American Gladiators		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker	Bounty Hunter
	51	51	51	PEACH	Seinfeld	Friends	House-Payne		Eraser ** (1996, Action) Arnold Schwarzenegger, James Caan.			
	206	206	206	PIX	(6:15) Weird Science		(7:50) Murder by Decree *** (1979, Mystery)				Friday the 13th Part 8: Jason-Manhattan	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Mutant X "Kilohertz"		Testees	Trailer Park
	40	40	40	SLICE	X-Weighted "Jill"		Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade		Rich Bride, Poor Bride	End of Leash
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Lost		Star Trek: Voyager	Destin. Truth
	14	14	14	SPIKE	CSI: NY "Grand Master"		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		UFC Unleashed (HDTV) (N)	DEA (N)
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Off the Leash
	21	21	21	TLC	What Not to Wear		World's Smartest People		17 Kids-Count	17 Kids-Count	A Very Duggar Wedding	Toddler-Tiara
	56	34	34	TROP	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond
	20	20	20	TV5	Que.-champion	Journal de Fr2	Change	Caméra café	Les Bébé's animaux	Maupassant	Maupassant	Facteur
	28	28	28	V	Doc "Tis the Season"		Murder, She Wrote		Chambers	On the Buses	Quantum Leap	I Prophecy
	60	97	97	VIVA	Mysterious Ways		Judging Amy		Missing		Missing	Encounters
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Skinny Celebrity Mums II		Style by Jury	Style by Jury
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	90210 (HDTV) (N)		Privileged (HDTV) (N)	
												WGN News

critics' corner

NCIS
If we've said it once, we've said it a million times: Don't get yourself wrapped up in an inner-city gang war when you're investigating the death of a Marine. But that's just what the members of the NCIS team do. Why? Because they don't listen to us. Making matters worse, Gibbs (Mark Harmon) must face down demons from his past when he finds a cryptic message waiting for him at the crime scene. 9 PM on CBS, CIHF



Wild Roses
"I love ya, man!" In this new episode, Charlotte (Clare Stone) throws her first alcohol-fueled house party and finds herself seriously crushing on someone. But will the infatuation survive the hangover? Peter (Adam MacDonald) grows jealous of Kate's (Michelle Harrison) growing fondness for Briggs and breaks into his truck to find out Briggs' true identity in "Oil and Water." 9 PM on CBC

Style by Jury
OK, time to knock the wind out of that old saying "Those who can, do, and those who can't, teach." Sylvia wants to be a dance instructor, but her own body is not setting a very good example for her would-be students; she's out of shape and smokes like a chimney. Host Bruce Turner and his gang of stylists get to work on helping her find a new look worthy of her over-the-top personality. 10:30 PM on W

Guy Ritchie is committed to staying close to his kids after his divorce from Madonna. So committed, in fact, that he's reportedly moving to New York City, where Madonna and children have taken up residence. **METRO NEWS SERVICES**

Celebrity Buzz

Posh gets an early V-Day

ROMANCE David Beckham flew into London for 24 hours to give wife Victoria an early Valentine's Day treat, femalefirst.co.uk reports. The soccer star travelled from Milan on Saturday night, booked a room at exclusive hotel Claridges and showered Posh with expensive flowers and chocolates. Earlier that night Victoria had been spotted dining alone at Locanda Locatelli restaurant. A source said: "It was the only chance they had to meet up in their hectic schedules." David, 33, then jetted off late Sunday to meet up with the England soccer squad in Spain. **METRO NEWS SERVICES**

Affleck still hoping for a son

FAMILY Ben Affleck wants to have a son, femalefirst.co.uk reports. The actor — whose wife Jennifer Garner gave birth to second daughter Seraphina Rose last month — is keen to keep expanding his brood until they have a boy. A source close to Ben — who also has three-year-old daughter Violet with Jennifer — said: "Ben's happy to keep going until he gets his boy. "He has visions of dressing a little guy in Boston Red Sox gear, tossing a baseball around and cheering in the stands together." **METRO NEWS SERVICES**

Is Jessica Simpson preggers?

RUMOURS The real reason for Jessica Simpson's recent weight gain may just be that she has a bun in the oven. "She hasn't been packing on the pounds because she's overeating," a source tells the Daily Mail. "The big rumour from her inner circle is that a baby could be the reason she's carrying some added weight." Simpson is dating Dallas Cowboys quarterback Tony Romo. "Those closest to them almost certainly know the truth but they will have been sworn to secrecy." **METRO NEWS SERVICES**

Kate's been visiting Owen

ROMANCE Kate Hudson has sparked romance rumours after visiting Owen Wilson "religiously," femalefirst.co.uk reports. Hudson, who has dated the actor on and off since 2006, has been spotted at Wilson's Malibu home several times in the past two weeks. A source told x17 Online: "Kate has been coming to the house religiously. She is here at least a couple times a week and she has been sunbathing in the backyard, hanging out by the swimming pool." **METRO NEWS SERVICES**

Further charges could follow in Brown arrest

ATTACK Singer Chris Brown was arrested and charged with making criminal threats Sunday in Los Angeles for an early morning attack on an unidentified woman widely thought to be his girlfriend, pop star Rihanna.

Los Angeles police would not confirm the name of the victim, but both Brown and Rihanna missed their performances at Sunday's Grammy Awards, and several media outlets speculated that Rihanna was the unidentified woman.

Brown, 19, was scheduled to perform his love song Forever at the music awards ceremony in Los Angeles Sunday evening, and Rihanna was set to sing her hit single Disturbia.

Neither Rihanna, who was nominated in three categories, nor Brown, who was nominated twice, walked the red carpet, and they were not in attendance for the awards ceremony. Their representatives could not be reached for comment.

As the show was getting underway, Brown turned himself in for questioning by police. Later, he was booked on a charge of making criminal threats and released on \$50,000 US bail, according to a Los

Angeles Police Department statement.

Brown was being investigated for alleged domestic violence felony battery, and additional charges could be filed after officials review the case, the LAPD said in its statement.

Rihanna cancelled her performance shortly before the Grammys started, the National Academy of Recording Arts and Sciences said. "We have just been informed that Rihanna will not be attending tonight's 51st Annual Grammy Awards. We're sorry she is unable to join us." There was no further explanation for her absence.

Soul legend Al Green performed alongside pop star Justin Timberlake in Rihanna's place.

Grammy officials made no mention of Brown's performance but he did not appear on stage as scheduled.

Police said Brown got into an argument with an unidentified woman while sitting in a parked car in the city's Hancock Park neighbourhood at around 12:30 a.m. Sunday.

"After stopping his car, Brown and the woman got out and the argument escalated," the police said. "The woman suffered visible injuries and identified Brown as her attacker."

Police received a 911 call reporting the disturbance and according to the statement, when officers arrived they found the victim, but Brown had already left the scene.

Brown, who broke onto the Billboard charts at the age of 16 with his hit single Run It and sold two million copies of his self-titled debut album, also scored a pair of hits on his sophomore effort, Exclusive, in 2007. **REUTERS**

Murphy and Mel end support battle

FAMILY Eddie Murphy's child support battle with Melanie (Scary Spice) Brown has come to an end, with Murphy now required to pay \$50,000 US a month for 22-month-old Angel Iris until the girl is 18, according to the Telegraph. Murphy also agreed to finally see the little girl, whom he originally denied was his daughter until DNA tests proved otherwise. **METRO NEWS SERVICES**

Jen throws herself a 40th birthday party

EVENTS Jennifer Aniston celebrated a landmark birthday a few days early. The Friends star, who turns 40 tomorrow, threw a lavish party at her Beverly Hills mansion on the weekend, reports Exposay.com. Guests included Courteney Cox, Tom Hanks, Oprah Winfrey and Jen's boyfriend, John Mayer. **METRO NEWS SERVICES**

Elton's not amused with David Spade

RUN-INS Not everyone finds David Spade funny. The comedian was having dinner with Courteney Cox in Los Angeles at the same restaurant as Elton John and his husband, David Furnish, according to Page Six. When John seated some of his bodyguards at a table next to Spade and Cox, Spade joked, "I hope he's picking up my cheque, too!" According to an eyewitness, "Everyone laughed but Elton." **METRO NEWS SERVICES**

Mick cracks up BAFTA-goers

AWARDS Mick Jagger delivered the top prize — to the evening's big winner, Slumdog Millionaire — and the best line of the evening, at Sunday's 2009 British Academy Film Awards, people.com reports.

Explaining what he was doing at a movie event the same night as the Gram-

mys, the Rolling Stone said he was part of a rock star-movie star exchange program. "Sir Anthony Hopkins is in the recording studio with Amy Winehouse," joked Jagger, "And we are hoping that

next week Sir Brad and all the Pitt family will be performing The Sound of Music at the Brit awards." Sitting in the audience with fellow nominee Angelina Jolie, Pitt cracked up and applauded along with the rest of the crowd. **METRO NEWS SERVICES**



"A GENUINE HEARTFELT ROMANCE. THE LANE-GERE FUSION IS SO GOOD!"

— Rex Reed, THE NEW YORK OBSERVER

OWN IT FEBRUARY 10
ON BLU-RAY HI-DEF AND DVD

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Today
Partly cloudy
-6° / -7°



Wednesday
Cloudy
1° / 0°

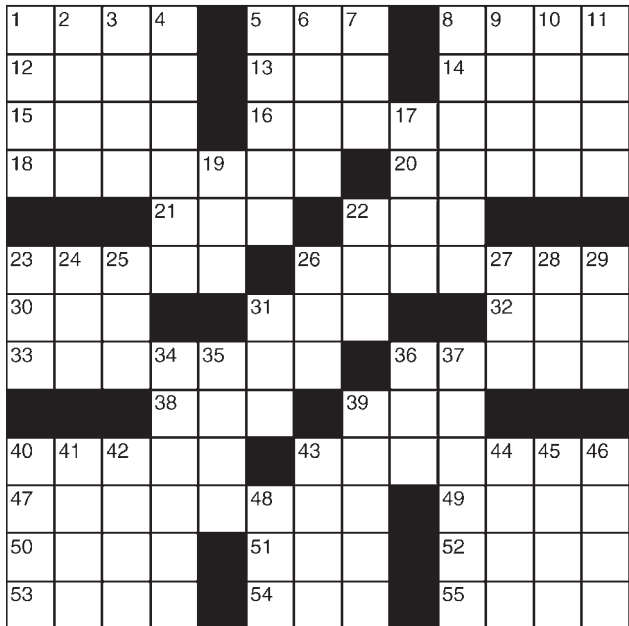


Thursday
Rain
7° / -3°



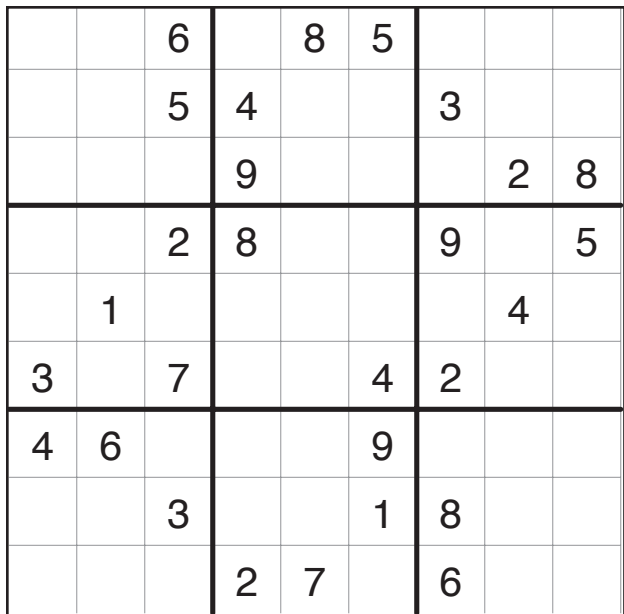
For more delicious Metro recipes, visit: metronews.ca/food

Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



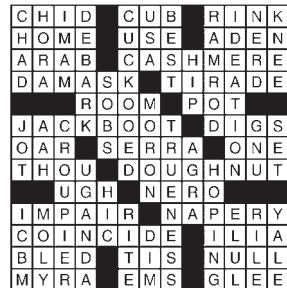
Crossword across

- | | | |
|-----------------------|-------------------------|--------------------------|
| 1 GIs' dinner | Brenda | measure |
| 5 Watch chain | 26 Insult | 49 Canal zone |
| 8 Magician's stick | 30 "Alley —" | 50 Reed instrument |
| 12 Wheel holder | 31 Scull tool | 51 Coq au — |
| 13 Spring mo. | 32 Zodiac feline | 52 Slithery swimmers |
| 14 Sheltered | 33 Disappointment | 53 Former German capital |
| 15 "Once — a time" | 36 Passenger | 54 Rocker Winehouse |
| 16 Raze | 38 Puncturing implement | 55 Foolish one |
| 18 Inside information | 39 Hamburger holder | |
| 20 That is (Lat.) | 40 Talia of "Rocky" | |
| 21 Historic time | 43 Twilight start | |
| 22 Enemy | 47 Confinement | |
| 23 Ringo or | | |

Crossword down

- | | | |
|-------------------------|--------------------------------|------------------------|
| 1 Handle roughly | minute | 39 Easter symbol |
| 2 Big fair | 19 Bobby of hockey | 40 Unkempt one |
| 3 Decelerate | 22 Bear hair | 41 Vagrant |
| 4 "Return to —" | 23 Fa follower | 42 PC picture |
| 5 Islamic decree | 24 Pirouette pivot | 43 Take to the lake |
| 6 Admitting customers | 25 Suitable | 44 Sandwich cookie |
| 7 Support system? | 26 Skillet | 45 Executor's document |
| 8 Rolled up into a ball | 27 Antiquated | 46 Birds' home |
| 9 Lotion additive | 28 Teensy | 48 Eggs |
| 10 11 p.m. telecast | 29 Neither mate | |
| 11 Fender bender result | 31 Harry Potter's Hedwig, e.g. | |
| 17 Laugh-a- | 34 Dim the lights | |
| | 35 Still unpaid | |
| | 36 Skedaddle | |
| | 37 "Absolutely" | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	21-25 min	Not bad
13-17 min	25+ min	Keep practising

Metro Recipe of the Day



Sauerkraut and Cider Pork

INGREDIENTS:

Nonstick cooking spray
6 pork loin chops with bones, 3/4 in. (2 cm) thick and trimmed
1 lb (500 g) sauerkraut, drained and rinsed
1 large yellow onion, sliced
1 cup shredded carrot
1/2 cup (125 ml) apple cider or apple juice
1 tbsp (15 ml) firmly packed light brown sugar
1/2 tsp (2 ml) dried rosemary leaves
1/4 tsp (1 ml) ground ginger
1/4 tsp (1 ml) black pepper
METHOD:
1 Coat 10-in. (25-cm) non-stick skillet with cooking spray. Heat skillet over

moderate heat. Add 3 pork chops and cook 3 minutes per side or until browned. Remove chops. Repeat with remaining chops.
2 Add sauerkraut, onion, carrot, apple cider, brown sugar, rosemary, ginger and pepper to skillet; stir until mixed.
3 Place chops on top of sauerkraut mixture. Bring to boil. Lower heat and simmer, covered, 5 to 6 minutes or until chops are no longer pink inside.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

ARIES

MARCH 21-APRIL 20

You are expected to set a better example to others. A sweet woman will remain loyal and true-hearted. Damaged goods will give you no joy.



LIBRA

SEPT 23-OCT 23

A wonderful man makes you laugh. Trivial problems with a casual romance cause dismay. Those who fight comfort are merely afraid.



TAURUS

APRIL 21-MAY 21

Meet and greet the people who are in charge. A flirtation has an emotional impact. You'll feel a sense of urgency to visit a friend.



SCORPIO

OCT 24-NOV 22

A foolish affectation will be boring. A control freak's conceit will infuriate you. A situation becomes serious and you'll make decisions.



GEMINI

MAY 22-JUNE 21

A bully seeks a chink in your armour. A gracious person admits that you were right. Have your skills assessed before a training program.



SAGITTARIUS

NOV 23-DEC 21

All eyes will be on you if you horse around. You have much to say about love. Indisputable information is revealed by a blasé person.



CANCER

JUNE 22-JULY 22

Last minute details crop up and cause fury. You'll need help in your search for intelligent life. Talking of family causes an argumentative night.



CAPRICORN

DEC 22-JAN 20

A stubborn stranger provokes insights. Reflections of the past will echo into your future. Go all the way when presenting ideas to a group.



LEO

JULY 23-AUG 23

A blast from the past stops you in your tracks. Don't risk a battle of the bulge. Somebody's temper-tantrums could damage their reputation.



AQUARIUS

JAN 21-FEB 18

Your work pays off in pleasing ways. The news creates an atmosphere of uncertainty. When you're in doubt, ask for more information.



VIRGO

AUG 24-SEPT 22

Using diplomacy in a debate will calm the waters. The end of a project brings sadness and relief. Watch out for hidden pitfalls in a relationship.



PISCES

FEB 19-MARCH 20

Get busy doing the things you want to do. An apology changes your attitude. Someone's fragile ego will need some pampering.



This day in history

FEB. 10, 1870: The YWCA is founded in New York City.
FEB. 10, 1904: The Russo-Japanese War over Korea and Manchuria begins after the Battle of Port Arthur.
FEB. 10, 1906: The HMS Dreadnought is launched.
FEB. 10, 1931: New Delhi becomes the capital of India.
FEB. 10, 1933: The New York City-based Postal Telegraph Company introduces the first singing telegram.
FEB. 10, 1954: President Dwight Eisenhower warns against United States intervention in Vietnam.
FEB. 10, 1996: The IBM supercomputer Deep Blue defeats Garry Kasparov for the first time.

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Grand Falls-Windsor

Exploits Valley Mall

Marystown

Peninsula Mall

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Avalon Mall

The Village Shopping Centre

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